

METHODS & APPARATUS FOR TREATING INTERVERTEBRAL DISCS

ABSTRACT OF THE DISCLOSURE

5 Apparatus and methods for treating a target tissue by delivering a fluid at a
defined temperature to a patient's body. An apparatus of the invention includes a fluid
delivery unit for delivering fluid in at least close proximity to the target tissue, an aspiration
unit for withdrawing the fluid, and a fluid source unit for providing the fluid at the defined
temperature. A method of the invention includes forming a void in at least close proximity to
10 the target tissue, and circulating a preheated fluid through the void, wherein the target tissue
undergoes adjustment from body temperature to a treatment temperature due to heat
exchange between the fluid and the target tissue.